

September 2006

Freestyle Calendar



Must be at a Freeski I Level to skate on a Freestyle Session.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Mount Vernon RECenter Ice Arena 2017 Belle View Blvd. Alexandria, VA 22307 (703) 768-3224 TDD (703) 765-7410 www.fairfaxcounty.gov/parks			1 Please see summer Freestyle program Schedule	2 8:45am-9:30am 9:30am-10:30am 10:30am-11:30am
3 8:30am-9:15am 9:15am-10:00am 10:00am-10:45am	4 Building Hours: 9 am- 4 pm No Freestyle Sessions	5 6:00am-7:00am 7:00am-8:00am 8:00am-9:00am 9:15am-10:00am 10:00am-10:45am 3:00pm-3:45pm 3:45pm-4:30pm 4:30pm-5:15pm	6 6:00am-7:00am 7:00am-8:00am 8:00am-9:00am 3:00pm-3:45pm 3:45pm-4:30pm 4:30pm-5:15pm	7 6:00am-7:00am 7:00am-8:00am 8:00am-9:00am 9:15am-10:00am 10:00am-10:45am 3:00pm-3:45pm 3:45pm-4:30pm 4:30pm-5:15pm	8 6:00am-7:00am 7:00am-8:00am 8:00am-9:00am 3:00pm-3:45pm 3:45pm-4:30pm 4:30pm-5:15pm <u>*5:30pm-6:00pm</u> 6:00pm-6:45pm	9 No Freestyle Sessions
10 8:30am-9:15am 9:15am-10:00am 10:00am-10:45am	11 6:00am-7:00am 7:00am-8:00am 8:00am-9:00am	12 6:00am-7:00am 7:00am-8:00am 8:00am-9:00am 9:15am-10:00am 10:00am-10:45am 3:00pm-3:45pm 3:45pm-4:30pm 4:30pm-5:15pm	13 6:00am-7:00am 7:00am-8:00am 8:00am-9:00am 3:00pm-3:45pm 3:45pm-4:30pm 4:30pm-5:15pm	14 6:00am-7:00am 7:00am-8:00am 8:00am-9:00am 9:15am-10:00am 10:00am-10:45am 3:00pm-3:45pm 3:45pm-4:30pm 4:30pm-5:15pm	15 6:00am-7:00am 7:00am-8:00am 8:00am-9:00am 3:00pm-3:45pm 3:45pm-4:30pm 4:30pm-5:15pm <u>*5:30pm-6:00pm</u> 6:00pm-6:45pm	16 No Freestyle Sessions
17 No Freestyle Sessions	18 6:00am-7:00am 7:00am-8:00am 8:00am-9:00am	19 6:00am-7:00am 7:00am-8:00am 8:00am-9:00am 9:15am-10:00am 10:00am-10:45am 3:00pm-3:45pm 3:45pm-4:30pm 4:30pm-5:15pm	20 6:00am-7:00am 7:00am-8:00am 8:00am-9:00am 3:00pm-3:45pm 3:45pm-4:30pm 4:30pm-5:15pm	21 6:00am-7:00am 7:00am-8:00am 8:00am-9:00am 9:15am-10:00am 10:00am-10:45am 3:00pm-3:45pm 3:45pm-4:30pm 4:30pm-5:15pm	22 6:00am-7:00am 7:00am-8:00am 8:00am-9:00am 3:00pm-3:45pm 3:45pm-4:30pm 4:30pm-5:15pm <u>*5:30pm-6:00pm</u> 6:00pm-6:45pm	23 No Freestyle Sessions
24 No Freestyle Sessions	25 6:00am-7:00am 7:00am-8:00am 8:00am-9:00am	26 6:00am-7:00am 7:00am-8:00am 8:00am-9:00am 9:15am-10:00am 10:00am-10:45am 3:00pm-3:45pm 3:45pm-4:30pm 4:30pm-5:15pm	27 6:00am-7:00am 7:00am-8:00am 8:00am-9:00am 3:00pm-3:45pm 3:45pm-4:30pm 4:30pm-5:15pm	28 6:00am-7:00am 7:00am-8:00am 8:00am-9:00am 9:15am-10:00am 10:00am-10:45am 3:00pm-3:45pm 3:45pm-4:30pm 4:30pm-5:15pm	29 6:00am-7:00am 7:00am-8:00am 8:00am-9:00am 3:00pm-3:45pm 3:45pm-4:30pm 4:30pm-5:15pm <u>*5:30pm-6:00pm</u> 6:00pm-6:45pm	30 No Freestyle Sessions
Responsibility Ansvar (derived from the Norwegian for "responsible") is the ELEPHANT with colorful ribbons tied around his trunk and tail to help him remember his responsibilities		\$170.00 – FS20 Skate Pass includes 20 freestyle admissions \$145.00 – FS20 Fairfax County resident \$9.50 - Single session pickup fee <u>* Power Skating/Edge Class – \$9.50 or One *FS 20 admission</u> • Fridays 5:30pm-6:00pm open to all USFSA & ISI Freestyle Level Tested skaters Increase speed, power, stamina, and maximize your edge quality 				

Freestyle Skater Guidelines and Code of Ethics



The Mount Vernon RECenter ice arena management staff want to make each freestyle session as productive as possible. Below are ten items governing skater and parent/chaperone guidelines and ethics in order to ensure safe and enjoyable sessions for all skaters. Please review them carefully:

1. Positive reinforcement is always welcome and expected. Applaud any effort and provide encouragement.
 - There should be no yelling, screaming or negative reactions or comments directed to any skater or coach on the ice surface or in any public area of the facility or grounds.
2. Treat all skaters, coaches, monitors, and staff with kindness, courtesy and respect.
 - They are here to provide a service and to ensure a safe and pleasurable skating environment, not to be abused or ignored.
 - Take heed of all direction given by the staff and react with respect to the requests made.
3. React with maturity when faced with inappropriate behavior by other skaters, parents or professionals.
 - Emotionally charged behavior will not yield productive results.
 - Should problems arise with another individual, bring only the facts to the attention of the Ice Director.
 - Be the best example to those around you.
4. Using obscene language at any time will not be tolerated. Nor will intent to intimidate members of the staff, other skaters, parents, and/or coaches either on the ice surface or in the public areas.
5. Gossip is counterproductive.
 - Spreading hearsay and rumors among skaters, parents and professionals is inappropriate and destructive to our program and the skating community.
6. Pride in a coach is expected, however it is best to speak only in positive terms of what the coaching relationship means for you individually.
 - Never discuss what your coach can do or what another coach can not do for another skater. This action is considered solicitation by the Professional Skaters Association and could result in sanctions being taken against your coach, regardless of your intent.
7. Help keep our facility neat and clean.
 - Place all trash, snacks and used tissues into the proper receptacles.
 - Keep warming room uncluttered and all personal belongings together neatly on or under the benches.
8. Check in at the Front Desk before every session, and register with the monitor when one is present.
 - It is the responsibility of the skater to make payment for each session skated via scan card or pick-up session.
 - Each skater is responsible for signing in for each session skated. Bridging $\frac{1}{2}$ of one session and another as one session is not permitted. In such instances, two sessions must be paid for. (No exceptions for lessons.) (no half freestyles)
9. When on the ice, yield right of way to:
 - The skater performing his/her program
 - The skater jumping on the harness.
 - All coaching professionals.
10. Avoid socializing in the jump corners or in the center of the ice. Doing so can cause serious injury.

**For inclement weather closings or cancellations please call the 24 hour information line at: 703-324-8661
or call the site directly: 703-768-3224**



If accommodations and/or alternative formats are needed, please call (703) 324-8563, at least 10 working days in advance of the registration deadline or event. TTY (703) 803-3354